

SEABEE COURIER

NMCB 133 completes Field Training Exercise



CAMP SHELBY, Miss. - Seabees from the Bridge Detachment of Naval Mobile Construction Battalion (NMCB) 133 offload materials and components necessary to assemble a medium girder bridge during the battalion's field exercise, March 26. The training helps NMCB 133 hone tactical and professional skills and maintains the battalion's overall readiness. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Mark A. Martinez/Released)

For NMCB 133 FTX story see page 4

NCBC celebrates military children

By UTCN Alicia Fluty
NCBC Public Affairs

It has been said that military children serve their country along with their military parents by making sacrifices when their parents are deployed. Many do not get to spend the holidays or birthdays together. Through frequent moves, either across country or the world, they start new schools, while leaving behind old friends and often face the apprehension of making new friends.

To recognize the sacrifices made by military children and the support they provide, Secretary of Defense Caspar W. Weinberger designated April as "The Month of the Military Child" in 1986. It is during April of each year that all branches of service provide special days and events to honor the family and their children.

As a tribute to military children, NCBC Gulfport has planned a variety of activities. Fleet and Family Support Center (FFSC) hosted a free night at the Lynn Meadows Discovery Center, where kids and their parents were able to spend time doing art and exploring the center.

New Parent Support program practitioner Sue Maters said that children love attention and anything that makes them feel special. That is why her team plans family events where families can enjoy themselves together.

"It is very important to recognize the children who

serve with their parents and experience the frequent moves and long separations," said Maters. "Their 'normal' family life is different and often hard. They are our heroes, too! It is a celebration of their lifestyle."

During the month, FFSC is hosting a 5K Family Walk April 25 at Ladd Circle on board NCBC Gulfport, 11 a.m.-1 p.m. Families OverComing Under Stress (FOCUS) and the Navy Exchange (NEX) are hosting a coloring contest. Coloring contest sheets can be picked up at the FOCUS office or at the NEX and must be returned by end of close business day on April 28. The contest will be judged by age group, and the winners will be announced at the NEX April 30. The Child Development Center (CDC) has a variety of activities for the children enrolled at the center, featuring a special event April 11 with bounce houses, hula hoops, picnic snacks and more.

Morale, Welfare and Recreation (MWR) and the Seabee Memorial Chapel are both hosting Easter events. MWR is hosting an Easter Egg Hunt April 19 at Ladd Circle, 9-11 a.m., and the Chapel is hosting a "Rock-n-Roll" Easter event April 20, 11 a.m.-1 p.m., which includes games, a puppet show, Easter egg hunt and prizes for the kids.

For more information on Month of the Military Child, contact Maters at: (228) 871-3000 or visit: www.monthofthemilitarychild.com.

10th Annual Run for Relief 5K



Friday ~ April 11th ~ 6:30pm

Military Team and Individual Awards

Register at Run-N-Tri or call 228-871-2610 for more info



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RLSO offers victim legal services

By LN2(SW) Kevin P. Van Gorder
 RLSO

As a victim of a crime, one should not fear retaliation, be forced to remain silent, or feel removed from the legal process. Often crime victims and witnesses of suffer emotionally, physically and socially. The goal of the Department of Defense is to mitigate, if not eliminate, the hardships that victims and witnesses experience. As part of this effort, Region Legal Service Offices (RLSOs) offer legal assistance to those who have been adversely affected by crime.

RLSO legal assistance services cover civil legal matters including, but not limited to, domestic disputes, child custody and support obligations, landlord-tenant issues, identity theft and rights under the Servicemembers Civil Relief Act. For example, if a person is a victim of domestic violence, a legal assistance attorney can assist them with the divorce process if needed. If your spouse is a servicemember and not providing support for dependents, RLSO can assist with getting command- or court-ordered support. Identity theft victims can be assisted with fighting off creditors, repairing damaged credit

and preventing future losses.

Additionally, RLSO legal assistance staff offer counseling to ensure victims and witnesses are aware of other rights and services available. Depending on the situation, these rights may include the right to be notified of court proceedings and to be present at most public hearings, the right to expedited transfer, the right to transitional compensation, and most importantly, the right to be treated with dignity and respect. If the assistance a victim or witness desires is best provided by a different resource, the RLSO will make referrals to a Sexual Assault Prevention and Re-

sponse (SAPR) victim advocate, Naval Criminal Investigative Service (NCIS) agent, Family Advocacy Program advisor, Victim Legal Counsel (VLC), or a Navy-Marine Corps Relief Society (NMCRS) representative.

RLSOs world-wide offer a range of support services to victims and witnesses as they navigate the legal process. People who have been victimized or have been a witness to a crime and want to know their rights or what assistance is available can visit a local RLSO. Office locations can be found using the Legal Assistance Office Locator Tool at <http://www.jag.navy.mil>.

Navy Wants to Hear Your Thoughts on Alcohol Use, Abuse

By Chief of Naval Personnel Public Affairs

MILLINGTON, Tenn. (NNS) -- The Navy launched a survey April 1 asking participants their attitude and perceptions of alcohol abuse in the Navy.

The survey is available at <https://www.surveymonkey.com/s/KWYE>, and should take participants less than five minutes to complete.

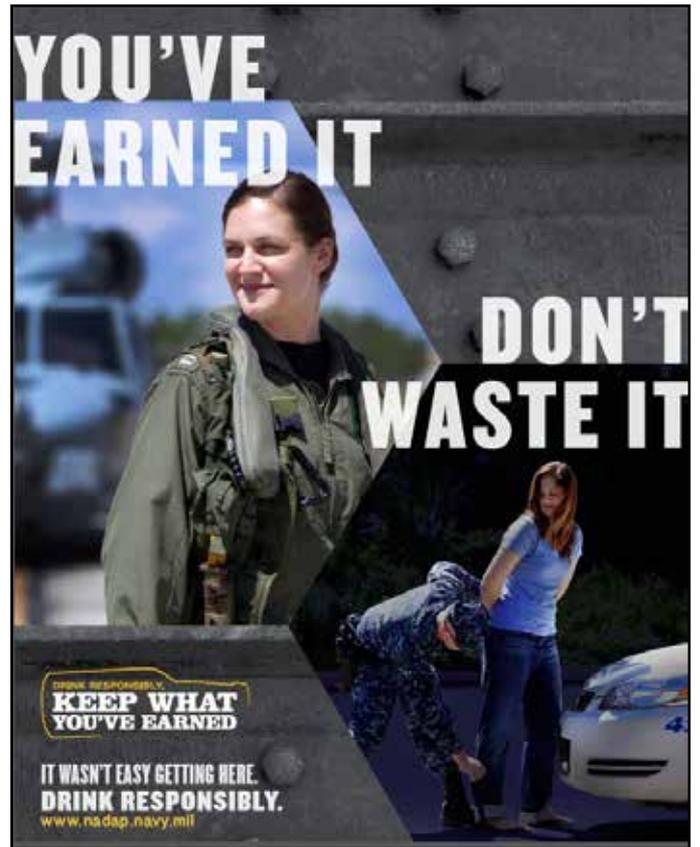
"Since the "Keep What You've Earned" campaign's inception a year ago, we've involved Sailors in the development of Keep What You've Earned to better understand their drinking habits and how alcohol use is perceived in the Navy as a whole," said Dorice Favorite, director of Navy Alcohol and Drug Abuse Prevention (NADAP). "This survey gives us a pulse check on how those attitudes and behaviors have changed in the past year, and how we can continue

to develop an innovative strategy to promote responsible drinking."

The anonymous survey asks Sailors about their personal use of alcohol, any changes they have noticed in use of alcohol among their peers and shipmates, and their awareness of alcohol abuse prevention efforts like the Keep What You've Earned campaign.

"The survey will help us determine how effective the Keep What You've Earned campaign has been in encouraging responsible drinking habits among Sailors, and what recommendations they have for future campaign activities," said Favorite. "We look forward to hearing new, creative ideas from the Fleet on this important readiness issue."

Favorite said NADAP is particularly interested in the opinions of young, enlisted Sailors, but all are welcome to participate, including Navy leadership,



A U.S. Navy graphic produced by Navy Personnel Command promoting the Navy's new responsible drinking campaign, "Keep What You've Earned." For more information on the "Keep What You've Earned" campaign, visit: http://www.public.navy.mil/bupersnpc/support/nadap/campaign_ (U.S. Navy photo illustration by Navy Personnel Command/Released)

alcohol abuse prevention personnel, and Navy family members.

According to NADAP, feedback will be used to develop new products for the Keep What You've

Earned campaign, which launched in April 2013.

For more information about how to encourage responsible drinking among Sailors, visit www.nadap.navy.mil.

People die when you drive and text - Don't you be the next

Buzz on the Street

By CE2(SCW) Courtney Demastus, NCBC Public Affairs

For the upcoming PRT, what has been your fitness regimen?



"I upped my endurance and resistance training, and am running longer."

RP3 Bradley Benoit

NMCB 74

Hometown: Columbus, Mich.



"I've been doing cardio and resistance training to improve my body weight."

EM1 Laura Wade

ECS

Hometown: El Paso, Texas



"Before Command PT I do strength training and at lunch I do extra cardio."

BU1 Rolland Jorgensen

NCBC Gulfport

Hometown: Lima, Ohio



Information Tickets and Travel (ITT) hosts a "Live It Up Locally" event outside the Liberty Center on board NCBC Gulfport, April 2, to promote awareness of recreational activities available to military families for a discounted price around the Gulfport area. The event featured free food, drinks and raffles every 30 minutes. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



Naval Support Activity/Naval Support Facility (NSA/NSF) DaNang Veterans Association tours various locations, such as the convey simulator and the Fire Arms Training Simulator (FATS), on board NCBC Gulfport, April 3. The NSA/NSF Veterans travel the country seeking to reunite with their old shipmates who served in DaNang Vietnam from 1965 to 1972. For more information about the NSA/NSF history, conferences and reunions visit <http://nsadang.com/node/1>. (U.S. Navy photo by Construction Electrician 2nd Class Courtney Demastus/Released)



Parents spend time with their children pretending to shop for groceries as military members, civilians and their families attached to NCBC Gulfport came together to celebrate Navy Night at the Lynn Meadows Discovery Center, April 5. Coordinated by NCBC Gulfport Fleet and Family Service Center (FFSC), Navy Night was in recognition of April as Month of the Military Child and Child Abuse Awareness Month, and was designed to provide military children with a fun night out with their parents. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

NMCB 133 Det One uses FTX as a time to shine

By Ensign Krista Bix,
BU1 Dean Allen and
LS2 Leslie Schmidt
NMCB 133 Public Affairs

CAMP SHELBY, Miss. – Naval Mobile Construction Battalion (NMCB) 133 completed its field training exercise (FTX) at Camp Shelby Joint Forces Training Center April 3.

The battalion deployed details to four different locations in Camp Shelby to execute a variety of construction effects missions.

After completing one week of initial field training at an independent location, Detail One convoyed through a tactical scenario to a second site where they were faced with opposition and began occupying a defensive position in the area of operations.

"I like the tactical training environment that we are put in to for FTX," said Builder Constructionman Taylor Moody. "It keeps you on your toes and prepares you for the unexpected."

The 76 personnel in



CAMP SHELBY, Miss. (March 23, 2014) Steelworker Third Class Logan Fields, left, and Equipment Operator Constructionman Apprentice Logan Eppley, both of Naval Mobile Construction Battalion (NMCB) 133 Detail One, cover their sector in a hasty fighting position for the M-240B machine gun during the initial occupation of the defense during the battalion's field training exercise. NMCB 133's completion of the field training exercise certified the battalion as trained and ready to deploy. (U.S. Navy photo by Ensign Krista Bix/Released)

the detail established a defensive encampment, complete with 360 degree security perimeter, dug-in fighting positions, a Command Post, and berthing areas. Upon establishing initial security, a project

crew of eight personnel began work on a heavy timber bunker which was one of several graded contingency construction projects the battalion planned to complete.

One of the crew mem-

bers, Builder Constructionman Logan Klatt, said she thoroughly enjoyed her time spent on the project.

"I feel like my professional knowledge has grown with the projects I was involved in on FTX,"

said Klatt.

With the build successfully completed, the crew was awarded a change of pace as they conducted a security reconnaissance patrol to provide additional tactical training for the group.

Construction Electrician Constructionman Devon Cotz said he loved being a part of patrols.

"It's a great way to meet the battalion in a fun learning environment," said Cotz. "I would say the highlight of my FTX were the patrols and seeing the aggressors first."

Equipment Operator Constructionman Caleb Bernier said that his favorite part of FTX was working on fighting positions and camouflaging them from the enemy. Logistics Specialist 3rd Class Robert Herod remarked that the way Detail One operated on FTX gave him the opportunity "to do tactical training that I wouldn't get to do anywhere else in the Navy in my rate. FTX also gives small unit leadership a time to shine."

April 10, 2014

NCBC Frames

FREEZE FRAME

CS3 Rakeem Omar Joseph, Culinary Specialist,
Naval Construction Battalion Center (NCBC) Gulfport



By UTCN Alicia Fluty NCBC Public Affairs

FF: What single experience during your career stands out the most, and why?

RJ: Decorating cakes because I am

allowed to show my personality with each cake I make.

FF: What has been

your biggest motivation throughout your career?

RJ: My kids, mainly, because they drive me to become

someone great, someone I hope they would want to model after.

FF: What advice

would you give to future Seabees and Sailors?

RJ: Hard work, dedication and commitment are key to a successful career.

FF: What is your favorite part about being/working with the Seabees - why?

RJ: I can understand what the Seabees rates do now.

FF: Who was your most influential mentor during your career, and why?

RJ: My family and great chain of command on board the USS Frank Cable.

Seabee Courier

CPOs celebrate 121st birthday

The Chief Petty Officers (CPOs) attached to NCBC Gulfport hosted a CPO birthday celebration, April 1. The day, in recognition of the 121st birthday of the CPO, began with a Deckplate Leader 5-kilometer (5K) footrace, followed by a ceremony, which included several chiefs speaking about what

being a CPO means to them, remarks from guest speaker, Naval Education and Training (NETC) Force Master Chief Jon Port and the reciting of the Chiefs' Creed. The day ended with a reception and ceremonial cake cutting. (U.S. Navy photos by Chief Mass Communication Specialist Ryan G. Wilber/Released)

Selected



Tested



Accepted



Unity



Service



Navigation



NMCB 1 deployed in Cambodia

Aligned with Secretary of the Navy Ray Mabus' four priorities of people, platforms, partnerships and power, NMCB 1 will deliver the Navy's forward presence through its work with

several host nations at its Civic Construction Action Details (CCADs) in the Pacific and will continue to conduct construction operations in the Northern Command.



Seabees from Naval Mobile Construction Battalion (NMCB) 1's CCAD Cambodia and the Royal Cambodia Armed Forces participate in a ceremony acknowledging construction efforts by CCAD Cambodia and the Royal Cambodia Armed Forces prior to the kick off of Pacific Partnership in Cambodia. (U.S. Navy photo by Utilitiesman 2nd Class Kasandra Murphy/Released)



Builder 3rd Class Francisco Berrios from Naval Mobile Construction Battalion (NMCB) 1 Civic Construction Action Detail (CCAD) Cambodia and a member of the Royal Cambodia Armed Forces, work together to repair the pull start handle for a rescue saw during construction operation in Kampt, Cambodia. (U.S. Navy photo by Utilitiesman 2nd Class Kasandra Murphy/Released)

NMCB 74 on the job in Rota



Construction Electrician Constructionman Sanaa Tahgan, left, attached to Naval Mobile Construction Battalion 74 Detail Rota, tests a newly built intermediate screed point, used to ensure a concrete pour doesn't cave in the center. Builder 2nd Class Ezra Johnson and Builder Constructionman Davis Perryman provide support. (U.S. Navy photo by Mass Communication Specialist 2nd Class Ryan Williams/Released)

**WATER AEROBICS
@ THE FITNESS CENTER**

**TUESDAYS & THURSDAYS
9:00 AM - 10:00 AM**

CALL 228-871-2668 FOR MORE INFORMATION

NMCR
Naval Construction
Battalion Center
Gulfport

See Something Wrong, Do Something Right . . .

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines.



To report information by Cell text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to www.NCIS.navy.mil, click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." ***There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.

Pascagoula ribbon cutting



A Ribbon Cutting Ceremony was held March 27 to celebrate the completion of the \$25.3 million dollar project that restored and modernized the Lakeside Transient Housing Facilities in Pascagoula, Miss. The project was awarded on Sept. 7, 2011 to K-W Construction, Inc. of San Marcos, Texas, and included the major renovation of housing units for personnel attached to ships and tenant commands under NAVSEA, Supervisor of Shipbuilding Gulf Coast, during shipbuilding and ship repair contracts. The Lakeside Transient Housing Facilities are managed and maintained by Naval Construction Battalion Center, Gulfport.

Pictured from left, Capt. Paul J. Odenthal, commanding officer, NCBC Gulfport; Rodney Shelton, unaccompanied housing manager, NCBC Gulfport; Renee Dudgeon, project manager, NAVFAC Southeast; CSSN Virginia Fisher, USS America; CSSR Nolan Buckner, USS America; CSSA James Cameron, USS America; CSSR Asha Stevenson, USS America; Capt. Robert Hall, Jr., commanding officer, USS America; James Kelley, president, K-W Construction, Inc.; and CMD-CM Mark Thomas, command master chief, NCBC Gulfport. (U.S. Navy photo by Mass Communications Specialist 2nd Class/Joshua T. Rodriguez/Released)

Six new operational lifts have been installed at the Auto Hobby Shop! Call (228) 871-2804 for more information.

NCBC School Liaison Officer
Kevin Byrd
MWR, Building 352,
1706 Bainbridge Ave
(228) 871-2117
kevin.r.byrd@navy.mil

SPRING BREAK CAMP AT YOUTH ACTIVITIES CENTER

For the weeks for April 14-18 and April 21-25, The Youth Activities Center will be holding Spring Break Camp from 6 a.m.-5:30 p.m. each day. Call (228) 871-8851 for more information.

Safety pays
Carelessness slays
Don't let foolishness number your days

VITA tax assistance ends April 15

VITA services are limited to: Active duty military; Retired members entitled to retired/retainer pay or VA compensation; Dependents of those listed above; Reserve military on active duty for 30 days or more; Emergency cases only for Reservists on active duty less than 90 days; Reservists during premobilization; Reservists up to 30 days after demobilization; 20/20/20 spouses/dependents receiving transitional compensation; dependents of members separated for abuse consistent with 10 U.S.C. 1059. Call 228-871-3597/2301 for an appointment.

VITA is located in building 60, room 116Z, and is open Mondays - Fridays, 9 a.m. - 4 p.m., and Saturdays, 8 a.m. - noon, closed Sundays. Operational hours will continue until April 15, 6 p.m.



2014 WALK A MILE IN HER SHOES



WALK AGAINST SEXUAL ASSAULT

April 17, 2014
Registration 7:30AM
Walk begins 8AM
Biloxi Lighthouse Pier (On the beach)
Registration is FREE!

Register at gcwcfm.org/wam

Join us as our "Real Men of the Gulf Coast" brave a one-mile walk in high heels in support of ending violence against women to celebrate Sexual Assault Awareness Month! Men, women, & children are all welcome to participate.

Bring your most glamorous high heels or borrow a pair of ours!

Heels provided by MS Coalition Against Sexual Assault
Hosted by Gulf Coast Women's Center For Nonviolence



NCBC GULFPORT SAAM EVENT CALENDAR



April 14, 11 a.m. – 1 p.m., SAAM Awareness Table at Fitness Center
April 17, 8 – 10 a.m., Walk a Mile in Her Shoes, Community Event, Biloxi Lighthouse (military personnel who participate are asked to wear their official PT gear)
April 21, 11 a.m. – 1 p.m., SAAM

Awareness Table at Colmer Dining Facility
April 25, 11 a.m. – 1 p.m., SAAM 5K Fun Run at Ladd Circle (race begins at 11:30 a.m.)
April 28, 11 a.m. – 1 p.m., SAAM Awareness Table at Navy Exchange

NCG 2 kicks off SAAM

U.S. Navy photos by MCC(SW/AW/EXW) Athena Blain/Released)



Lt. Cmdr. Paul Magoulick, Naval Construction Group (NCG) 2 training officer, writes down an answer to a trivia question for Naval Construction Group (NCG) 2's kick-off of Sexual Assault Awareness Month (SAAM). Sexual Assault Prevention and Response (SAPR) representatives at NCG 2 held a contest on the quarterdeck to raise awareness on sexual assault issues throughout the Navy. April has been designated as Sexual Assault Awareness Month throughout the Navy.

YNC(SCW/SW/AW) Sonya McClendon explains the Navy's SAPR program at NCG 2. NCG 2's SAPR representatives kicked off SAAM with a trivia game and cake on the command's quarterdeck.

Focus on Energy

April 10, 2014

Saving Energy Through ADVANCED POWER STRIPS

Many consumer electronics continue to draw power even when they are switched off. This is known as a **VAMPIRE LOAD**.

VAMPIRE LOADS add up to about **\$200** in yearly energy costs for an average home.

This **WASTED ENERGY** could have powered **11,000,000** homes.

About ADVANCED POWER STRIPS

Advanced Power Strips (APS) look just like ordinary power strips, except that they have built-in features that are designed to reduce the amount of energy used by many consumer electronics. There are several different types of APSs on the market, but they all operate on the same basic principle of shutting off the supply power to devices that are not in use. By replacing your standard power strip with an APS, you can significantly cut the amount of electricity used by your home office and entertainment center devices, and save money on your electric bill.

NREL National Renewable Energy Laboratory

ADVANCED POWER STRIPS Which one is right for me?

I want to stop **WASTING ENERGY** in my ...

ENTERTAINMENT CENTER

I always turn off my electronics when done.

Why don't I turn them off? YES NO

Do I want manual or automated power control? YES NO

I fall asleep I forget I'll do it myself Automatic Sleep Shut down Always docked Moved often

HOME OFFICE

Is the computer a laptop or tablet?

Do I put it to sleep, or shut down? YES NO

Does it stay docked or is it frequently moved? YES NO

| | Timer Power Strip | Activity Monitor Power Strip | Remote Switch Power Strip | Master-Controlled Power Strip | Masterless Power Strip |
|---------------------------|--|---|---|---|--|
| COST | Low | Medium | Medium | High | High |
| FEATURES | Power strip automatically turns off outlets based on a pre-set schedule. | Power strip tracks the amount of activity in the room, and turns off outlets if none is detected. | Power strip can be turned off by the user, and can be controlled remotely. | Power strip is controlled by a master device (TV) and turned off by the user, the master, and automatically turns off the controlled outlets when the master device is on. The master device can be controlled by the user or a remote control. | Power strip is controlled by a master device (TV) and turned off by the user, the master, and automatically turns off the controlled outlets when the master device is on. |
| POSSIBLE DRAWBACKS | The timer is set up for the user and does not adjust for variations in energy usage. | When anyone else is present, power continues to flow. | To save energy, the user must be present to turn off the power strip each time. | It can be tricky to control which equipment is controlled by the "master" device. | Turning off the master device will turn off the power strip, but it will not turn off the master device. |
| WHAT TO LOOK FOR | Digital or LED timer. | Visible activity on an indicator "eye" that detects remote control use, motion, or TV activity. | A universal remote or a remote control. | One master to be used as the "master". | None. |

NREL National Renewable Energy Laboratory

Seabee Courier

The Meat & Potatoes of Life

By Lisa Smith Molinari
Special Contributor

College Talk Tips

It's college decision time, but before parents of high school seniors engage each other in conversation, take heed! You are about to step into a veritable quagmire of double entendre regarding on the seemingly innocuous topic of your child's college pick.

One might think that discussing college decisions is as simple as:

Parent #1: "What college will your son/daughter attend in the fall?"

Parent #2: "He/She will attend XYZ University."

Parent #1: "Oh, that's swell."

But, BEWARE. Hidden beneath this rudimentary exchange is a underground strata of complex connotations and confidential context.

How do I, a parent of a high school senior, know this already? During our last few tours of duty, my family has had many "empty nesters" as neighbors in military base housing. I have found that there is much to be learned by observing this unique breed of parent.

No, they don't collect twigs, preen their feathers, or engage in elaborate mating rituals . . . well, not that I know of, anyway. But, empty nesters have "been there, done that" when it comes to parenting. Interacting with these seasoned veterans around backyard fire pits and at the dog park has taught me that some things in life are not as simple as they seem.

In order to help other parents, like myself, who will soon be expected to tell friends, relatives and colleagues about their children's college picks, I will pass on the college talk tips I have gleaned from more experienced parents.



Most importantly, when people ask, "What college did Little Suzie decide to go to?" they really want to know, "Did she get any rejection letters?" And when you answer, "Little Suzie is going to State," they are tabulating all prior conversations in an attempt to figure out which schools gave your kid the Heisman.

In order to diffuse their natural curiosity, it's best to be frank. Tell them which schools, if any, declined to accept your child's application for enrollment. However, do not be tempted to add, "We're actually happy that Little Johnny didn't get into Ivy U, it just wasn't the right fit for him." The listener will only hear, "Little Johnny's 'Ds' in Chemistry came back to bite him, and besides, those ivy leaguers are so stuck up."

Also, although it is considered gauche for friends to discuss money matters in the civilian world, talking about personal finances is quite common in the military community. Thanks to clearly defined rank structures, we military folks know each other's pay grade. Regardless, be careful when discussing college expenses with friends and neighbors. As soon as they find out that your child's college costs upwards of fifty grand a year or more, they will wonder how on earth

you're gonna pay for it.

You may wish to remain silent, and let them speculate that your child was offered a scholarship for some hidden talent like didgeridoo playing or curling. In a vacuum of information, your friends might think that you've got some long lost rich great uncle who graced you with a gazillion dollar trust fund, but this might be hard to believe if you drive a used minivan and buy buns from the day old rack at the commissary. Or, they might guess that your family's heritage includes a recruitable ethnicity, like the long lost peoples of the Siberian Pot Belly Tribe.

But most likely, unless you tell your friends and family that you are paying for college with the GI Bill, loans, your Thrift Savings Plans, or your 529 plans; they're going to think that you're planning to sell your earthly possessions, take the night shift at the local 7-11, and move the family into a cardboard box over a heating grate in order to pay for college.

Most parents have faced or will face the daunting college application process, and as long as you deliver the news of your child's decision without pretense, you will be met with understanding. Honesty is clearly the best policy to stop wandering minds from wandering to the absurd.

My child? He was rejected from two [stuck up] schools and accepted by six [fine academic institutions]. He has decided to go to Rensselaer Polytechnic Institute in Troy, N.Y. We are using the GI Bill. And yes, it's really swell.

www.themeatandpotatoesoflife.com

Health Watch

Services offered at NBHC Gulfport Deployment Health

Overseas screening:
Navy, Marines, Air Force, and Army Students including their dependents

Physical Exams:
Retirement Separation (MEB/PEB/ADMIN)
Commissioning
Dive
Flight
PHA/PDHRA/PDHA/Pre-DHA/MHA

Suitability/Operational Duty Screening:
Fit for full duty
Sea Duty
Special warfare
Recruiter Duty
High Risk Screenings
IDC School
Reenlistments

Other Special Programs

Please call or drop by the Deployment Health office to start your paper work.

No appointment is needed!
Hours of operation are:
Mondays -Thursdays, 7 a.m.-3:30 p.m.; Fridays, 7-11:30 a.m.
Gulfport Deployment Health Clinic
5501 Marvin Shields Blvd.
Gulfport MS 39501
228-822-5715
Kathryn.Levin.ctr@med.navy.mil

The Deployment Health Clinic is located across from the audiology clinic (in the old Battalion medical spaces).

Security Note on Vehicle Registration: All personnel who operate vehicles on board NCBC, Gulfport are reminded to register their vehicles with Pass and ID. Pass and ID is located at the Pass Road Gate and their hours of operation are Monday - Friday, 6 a.m. - 3:30 p.m.

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to seabecourier@navy.mil and check out the new and improved website at: http://www.cnic.navy.mil/regions/cnrse/installations/nbc_gulfport.html

Local 24/7 Sexual Assault Prevention and Response Program
Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: www.SafeHelpline.org; Call: 877-995-5247; Text *55-247 (inside the U.S.); Text *202-470-5546 (outside the U.S.) *Text your location for the nearest support resources.

National Naval Aviation Museum Trip
Saturday, April 12th
FREE shuttle departs at 9 a.m.!

Signup deadline is Friday, April 11th!

LIBERTY
 NAVAL CONSTRUCTION BATTALION CENTER
 GULFPORT, MISSISSIPPI

Splash your way into fun this summer at

1 Day Passes
\$20.00
 (Adult & Child 3+)
 At the gate: \$31.16 over 42" &
 \$21.49 under 42"
NO MILITARY DISCOUNTS AT THE GATE

Gulf Islands Waterpark

For more info call ITT at 228-871-2231

LIBERTY
 NAVAL CONSTRUCTION BATTALION CENTER
 GULFPORT, MISSISSIPPI

April is Month of the Military Child

Easter Egg Hunt
Saturday April 19th
Ladd Circle
 Parking located on Grinder
 Registration begins at 9:00am
 First hunt begins at 10:00am

For more information, contact:
 Pamela Carlisle (228) 871-7460
 Jennifer Bush (228) 871-2251

Age Groups

| | |
|-------------------|--------------------|
| 0-2 years @ 10:00 | 5-8 years @ 10:15 |
| 3-4 years @ 10:00 | 9-12 years @ 10:30 |

MWR
 NAVY CYP
 Child and Youth Program

HORSESHOE CHALLENGE
Friday, April 11 @ 7:30am
 Fitness Horseshoe Pits (Next to West Ball Field)
 Open to Active Duty Only
 No Cost to Participate
 Sign up @ Fitness: March 28-April 11
CAPTAIN'S CUP POINTS WILL BE AWARDED

For more information, contact Samuel Perkins at 228-822-5109.

MWR
 Naval Construction Battalion Center
 Gulfport

Program Telephone Numbers & Hours

| | | |
|------------------------|----------|---|
| Anchors and Eagles | 871-4607 | Hours: TU-TH 2-6p |
| Auto Skills Center | 871-2804 | Hours: W-F 11a-7p, SAT 9a-5p |
| Beehive | 871-4009 | Hours: M-TH 4:30-10:30p, FR 4:30-11:30p, SAT 5-11:30p |
| CBC Fitness Center | 871-2668 | Hours: M-TH 4:30a-8p, FR 4:30a-7p, SAT-SUN 9a-4p |
| Aquatics | 822-5103 | Hours: M-FR 5:30a-5:00p, SAT-SUN 9a-4p |
| Child Development Ctr | 871-2323 | Hours: M-FR 6a-5:30p |
| Free Movie Hotline | 871-3299 | Hours: Open 30 min prior to movie showings |
| ITT | 871-2231 | Hours: M-FR 10a-4:30p, SAT 10a-2p |
| Liberty Center | 871-4684 | Hours: M-TH 10:30a-1:30p & 4-8:30p, FR 10:30a-1:30p & 4-11p, SAT 10a-11p, SUN 10a-8:30p |
| Outdoor Recreation | 871-2127 | Hours: M 8a-1p, TH-FR 10a-6p, SAT 7a-1p |
| School Liaison Officer | 871-2117 | Hours: M-F 7:30a-3:30p |
| Shields RV Park | 871-5435 | Hours: M-SAT 8a-4p, SUN 8a-2p |
| The Grill | 871-2494 | Hours: M-FR 7am-1:30pm |
| Youth Activities Ctr | 871-2251 | |
| SAC | | Hours: 6-7:30a & 2:00-5:30p |
| Teen Center | | Hours: M-TH 3:30p-8:30p, FR 3:30p-9p |
| Rec Center | | Hours: TU-TH 5:30p-8:30p, FR 6p-9p |

Ship Island Excursion Trip
Sunday, April 13th
 Departs Liberty at 10:30 a.m.
 \$20 for ferry ride

Must sign up by noon on Friday, April 11th!

LIBERTY
 NAVAL CONSTRUCTION BATTALION CENTER
 GULFPORT, MISSISSIPPI

April 10, 2014

Seabee Courier

*Easter Sunday
at the Chapel
of Choice*
April 20, 2014

**6:00 Sunrise Service
at the Seabee Lake**

**7:00 Fellowship Breakfast
At the Chapel**

**9:30 Catholic Mass
At the Chapel**

**10:30 Protestant Service
At the Chapel**

For More information Contact
the Chapel at 228.871.2454

like us on
facebook
facebook.com/ncbchapel

**NCBC Center Chaplain:
Lt. Cmdr. Ammie Davis, Chaplain**
For more information about Chapel
programs, please call the Chapel
at 228-871-2454

Seabee Memorial Chapel

Religious Services

Sunday:
Contemporary: 8 a.m.
Catholic Mass: 9:30 a.m.
Protestant: 10:30 a.m.
Weekday Mass:
Tuesdays at 11:15 a.m.



What's happening at the Chapel?

Sundays

- Contemporary (Gospel) Service: 8 a.m. (childcare available via volunteers)
- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

Tuesdays

- Catholic Mass: 11:15 a.m.
- Contemporary (Gospel) Praise and Worship Team Practice: 5 p.m. (childcare/nursery available via volunteers)
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)
- Protestant Praise and Worship Team Prac-

tice: 6 p.m. (childcare available via volunteers)

- Catholic Choir Practice: 7 p.m. (childcare available via volunteers)

Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship through music)
- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

Meetings:

Chapel Council meetings

The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis. Quarterly "State of the Chapel" meetings

The Chapel will hold State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members. The meetings will be at 5 p.m., for approximately 30 minutes Feb. 3, May 5, Aug. 4 and Nov. 3.

Choose to stand out.



Be a **Red Cross** blood donor.

SEABEE BASE BLOOD DRIVE

April 16

NGC2 Building 447 in the Auditorium
8 a.m. - 1 p.m.

To schedule an appointment, visit www.redcrossblood.org
and use sponsor code: SEABEESNGC2

Liberty Center
On the American Red Cross Bloodmobile
noon - 4:30 p.m.

To schedule an appointment, visit www.redcrossblood.org
and use sponsor code: SEABEESLIBERTY

Please bring your photo ID or American Red Cross Donor Card



Scan the QR code to your smart phone to learn more.

Visit redcrossblood.org or call 1-800-RED CROSS today to schedule an appointment.

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height), and are in generally good health may be eligible to donate blood. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate. © The American National Red Cross 2013 | APLORS 2174 | 08/13/AP418

The Great Multitasking Lie

DEBUNKING THE MYTHS OF CELL PHONE DISTRACTED DRIVING

Most people may know that texting while driving is a dangerous behavior, but many don't fully grasp the idea that having cell phone conversations in the car is also risky. Below, the National Safety Council helps dispel the illusion of multitasking and the myths that blind the public into believing it is safe to use your cell phone while driving.

Consider This

It's no mystery: Americans today have an unhealthy obsession with their cell phones.



A 2012 survey conducted by the AAA Foundation for Traffic Safety found that **more than two in three** drivers report talking on their cell phone while driving at least once in the past 30 days.



Nearly **one in three** say they did this "fairly often" or "regularly."



Drivers talking on handheld or hands-free cell phones are **4X** as likely to be involved in a car crash.



In addition, the National Safety Council currently estimates that people talking on cell phones while driving are involved in **21%*** of all traffic crashes in the United States.

The average cost of a property damage crash in 2011: **\$9,100**

*According to a 2010 annual estimate.

Sources: National Highway Traffic Safety Administration | University Of Utah | The AAA Foundation for Traffic Safety | National Safety Council

NCBC Helping Hands

HARRISON CENTRAL ELEMENTARY Field Day volunteers are needed April 11, 7 a.m. - 2 p.m. for the school's Field Day. Volunteers are needed to assist and supervise the student while they do scheduled sports events. Contact Pam McInnis at PMcInnis@harrison.k12.ms.us to help.

LONG BEACH SCHOOL DISTRICT TRACK & FIELD

Request for volunteers to work events at home track & field meets. Long Beach School District is hosting three rounds of the MHSAA State Track & Field Play-offs April 15, April 24 and May 3. All competitions take place at the Long Beach track & field complex located at the L.B.H.S. football stadium. The April meets begin at approximately 3:45 p.m., and conclude around 8:15 p.m. The May 3 meet begins at 10:30 a.m. and will conclude at approximately 3:30 p.m. To volunteer, please contact Chief Ryan Wilber at 228-871-3663 or ryan.wilber@navy.mil.

CAREER DAY - North Gulfport 8th Grade School is planning a career day April 11. The event is planned for 8 a.m. - 3:10 p.m. Volunteers are invited to present information on a career or place of employment. If you are interested, please contact Chief Ryan Wilber, 228-871-3663 or ryan.wilber@navy.mil.

BILOXI VA - Two opportunities to volunteer at the Biloxi Veterans Hospital. April 10: Volunteers are needed to escort patients from between buildings at the Biloxi Veterans Hospital April 10 at 10:15 a.m.

April 18: Biloxi Veterans Hospital is having an awards ceremony for their volunteers and they are looking for volunteers who would come to the ceremony and show off their talents by doing a skit, sing or dance. If you are interested in this unique opportunity to volunteer, please call Susan at 228-871-3640.

SMOKIN THE SOUND

SMOKIN' THE LAKE Smokin' The Sound, April 25 - 27 and Smokin' The Lake, (May 3 - 4) boat racing events return speed, thunder and excitement to the Mississippi Gulf Coast. This non-profit organization needs volunteers for both events to sell and attach wrist bands to event spectators, direct spectators to viewing areas and direct vehicle and pedestrian traffic in a safe and courteous manner. For more information on the events, visit www.smokinthesound.com. CBC personnel who are interested in volunteering should email Chief Ryan Wilber at ryan.wilber@navy.mil. Personnel from other commands on board NCBC who would like to volunteer, should contact their command volunteer representative to fill out needed paperwork and determine a date and time slot to volunteer.

PASS CHRISTIAN MIDDLE SCHOOL

- Pass Christian Middle School needs volunteers to serve as proctors for the MCT2, tests May 13-15. A test administrator (teacher)

and a proctor are needed in classrooms and hallways. A mandatory brief training will be held for volunteers May 6, at 3:15 p.m. or May 7, at 8 a.m., where volunteers will be advised on duties and given test security information. Alternate training times are possible. To volunteer, please email Tisha Posey at Tposey@pc.k12.ms.us or 228-452-5220 with contact information and training preference time.

LYNN MEADOWS DISCOVERY CENTER

- Lynn Meadows Discovery Center is hosting the Bear Creek Music Festival May 3, 10 a.m. - 10 p.m. The festival will attract vendors and musicians from all over the Gulf Coast. Volunteers are needed to work morning, afternoon or night shifts to help with all facets of the event. For more information, please contact Chelsea Dillon at ChelSwan09@gmail.com.

28th STREET ELEMENTARY 28th Street Elementary needs approximately 25 volunteers to proctor tests the week of April 29 - May 2 and May 13-15. To volunteer, contact Jill Conwill, jill.adams@gulfportschools.org.

MAKE-A-WISH MISSISSIPPI - Make-A-Wish Mississippi is having a Hero 5K at 8 a.m. May 3 at Biloxi Town Green. Volunteers are also needed to man water stations and help with set up and clean up. Volunteers can contact Shellie Moses at smoses@ms.wish.org or 228.575.8691. Race starts at 9. Runners, walkers, and even people pushing baby carriages can don their favorite super hero costume and come out join the fun on a USTA timed 5k course through downtown Biloxi. Children ages 12 and under can race a 1k, fun run course. People can register at <http://www.eventbrite.com/e/make-a-wish-mississippi-be-a-hero-5k-benefiting-south-mississippi-wish-kids-tickets-10979204095>. Volunteers are also needed to man water stations and help with set up and clean up. Volunteers can contact Shellie Moses at smoses@ms.wish.org or 228.575.8691. Runners will compete to win prizes for best costume and most money raised by a group. After the race, entertainment and food vendors will be provided at the finish line at the Town Green! Proceeds from the race benefit Make-A-Wish Mississippi, with all funds staying in the local community to help grant wishes to kids in South Mississippi.

ANNISTON ELEMENTARY

Anniston Elementary, 2314 Jones Street, Gulfport, is in need of proctors for May 13-15, for the Mississippi State Test - MCT2. There will be a short training regarding test protocol and security before these dates that can be scheduled on a case by case basis. Volunteers will need to be at the school on testing days at 7:15 a.m., and remain until all students in their assigned room have completed the test. Please contact Rebecca Pacher at 228-896-6309 or rebecca.pacher@

gulfportschools.org if you can help.

BOOST READING PROGRAM - 28th Street Elementary School is looking for volunteers to listen to students read and help them complete reading comprehension questions. Volunteers time is in 30 minute intervals from 9 a.m. - 2 p.m., Monday - Thursday. To volunteer, please call Samantha Benson, 228-867-2140.

GULFPORT SCHOOLS IN NEED OF TRANSLATORS

The Gulfport School District is looking for volunteers to translate on an as needed basis. Currently there is a need for Spanish, Vietnamese and Chinese translators. For more information, please contact Velma Johnson, 228-865-4611 or velma.johnson@gulfportschools.org.

NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. To volunteer, please contact Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

COAST SALVATION ARMY Volunteers are needed for various projects throughout the year. Contact Shawna_Tatge@uss.salvation-army.org if you have a bit of spare time.

HELP SENIORS AND DISABLED CITIZENS Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handy-men/ women. To volunteer, call Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY

The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Those who are interested in volunteering at the store are asked to call 228-871-2610.

USS ALABAMA ALWAYS LOOKING FOR HELP

- The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

USO GULF COAST

Interested in volunteering? We need volunteers every day to assist at our centers throughout the Military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This website allows you to keep track of your hours. Contact Nicole Lewis at nlewis@uso.org for details.

CENTER NOTES

SUPPORT

Family Readiness Groups

NMCB 1 FRG invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com.

NMCB 11 FRG For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.com.

NMCB 74 FRG All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email

nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for details.

NMCB 133 FRG invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children are welcome and babysitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime

Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

FOCUS

Families OverComing

Under Stress provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email Gulfport@focusproject.org

Gulfport Officer's Spouse

Club The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email goscgulfport@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc.

The Navy Wives Clubs of America, Inc., is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit www.navywivesclubsof-america.org for more information on NWCA.

NMCRS The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday

and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

Gamblers Anonymous

The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

TRAINING

Naval Sea Cadets

The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nationwide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

PMI Membership Drive

The Project Management Institute (www.pmi.org) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resources and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact Mike Saunders at saundersmt@earthlink.net

or Len Krapcha at lkrapcha@aol.com for more information.

SOCIAL

Miss. Gulf Coast First Class Association is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

NCBC Multi-Cultural Diversity Committee

is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

VFW Post 3937 Long Beach

is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

The Ladies Auxiliary to the VFW Post 3937 Long Beach

would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a person who has served in a foreign war. Please Contact Auxiliary 3937 President Carol Fetters at 228-832-4893.

VFW Post 4526 Orange Grove

is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road,

Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

NMCB 62 Alumni Group

Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

D.A.V. - Disabled American Veterans, Chapter 5

invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more about our organization.

Navy Seabee Veterans of America (NSVA) Island X-1

Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at eugene.cowhick@navy.mil, 228-871-2488 or Robert Smith at Robert.p.smith5@navy.mil, 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit www.nsva.org.

HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at www.seabeesmuseumstore.org or call the gift store for more information at 228-871-4779.

Save a Life Tour Schedule - April 14 Training Hall

- 8 - 9 a.m. - Lecture/Video demonstration (open to all battalions)
- 9 - 10 a.m. - Simulator hands on (battalions)
- 10 - 11 a.m. - Simulator hands on (open to all hands)
- 11 a.m. - noon - Simulator hands on (open to all hands)
- 1 - 2 p.m. - Lecture/Video demonstration (NCG2 & NCBC)
- 2 - 3 p.m. - Simulator hands on (NCG2 & NCBC)
- 3 - 4 p.m. - Simulator hands on (open to all hands)
- 4 - 5 p.m. - Simulator hands on (NCTC)

Moving? Mailing packages? Need a box? Visit the



Recycling Center, located in buildings 275/276, behind building 200 off of McKinney Ave between the hours of 6:30 a.m. and 2:30 p.m. and get all the boxes you need for FREE!